

UNITY DAILY WORD

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May 20 to June 19

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The Spirit of truth floods me with the light of life, and I am made whole.

The Spirit of truth reveals abundant Spirit substance, which I affirm to be the source of my prosperity.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

In His Good Time, I Shall Arrive

I go to prove my soul!
I see my way as birds their trackless way.
I shall arrive! what time, what circuit first,
I ask not . . .
In some time, His good time, I shall arrive:
He guides me and the bird. In His good
time!

—Paracelsus; Robert Browning.

It Never Happened

The mind of God, to Truth so true,
Can have no thought that limits you,
Has not a record of mistakes—
Those memories which cause heartaches.
When you accuse yourself of sins,
The trouble in your heart begins,
Yet through it all, in heaven's sight,
You are God's child, your soul is white.
If in God's sight your "sin" were placed,
You could not have your sin erased;
But God, of mind so pure and true,
Knows not of evil that you do.
If you but know that in God's mind
There's never thought of evil kind,
That sinful deed of yesterday
From memory'll be cleared away—
"It never happened" in God's sight.
No darkened thought obscures His light.
Since God is but your Father true,
He knows naught but the good of you.
His Truth endures though you may fall.
Then rise again, obey His call,
Cease blaming self. Just know what's true,
And say that He's "forgiven" you.



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The Good Luck Consciousness

THE PERSON who is ordinarily spoken of as being lucky is one who unknowingly stumbles upon the working of the law of good fortune. Were he to understand this law and live by it, he would always enjoy good fortune. There would be no seasons of good and bad luck.

The individual who believes that his luck is derived from some charm that he carries is lucky because of his faith in the charm. He should have faith in himself. He should realize that in Truth his good fortune cannot derive from the power of things. The only charm of good luck that he can ever need is the possession of a consciousness of good fortune and the realization that through this that which is for his highest good always comes to him.

If you would have good luck and good fortune, abide in the knowledge that good fortune is yours. Keep out of mind all belief in ill luck. Never think of yourself as unfortunate. Never voice any opinion about your misfortunes. Think of yourself as identified with good fortune.

The writer once knew a man—he would meet him on the street every few months—who always had new evidence of his own hard luck. This person so firmly believed in ill luck that it seemed to make him happy to point out that he was right in his convictions that he was under some spell of misfortune. One day he stopped the writer to say, "You seem to believe in some psychology of personal finances. But do you

not see that my experiences disprove your beliefs?" Of course the writer's reply was something like this: "Your experiences prove that you are using a certain psychology of finances adversely. You firmly believe in ill luck and you are producing it. The law of good fortune cannot operate in your affairs because it lacks an operator."

The person who believes in his own ill luck is an enemy to his own good luck. The person who believes in misfortune cannot be fortunate at the same time. Viewed from the standpoint of Truth, the good-luck consciousness is very closely akin to the consciousness of God as our unfailing supply, protection, justice, and order. We can see that the person we call lucky is but one who has occasional glimpses of the presence of God coming to him in times of need.

The student of Truth does not believe in luck, if we are to think of luck as a hit-or-miss proposition. He does believe in good fortune as founded upon a scientific law of good fortune. He centers his life upon the presence of Christ within him and knows that through this he draws to him his highest good.

Would you build up a good luck consciousness? Then build up a consciousness of the presence of Christ within you. Know that you carry this presence with you wherever you go, that nothing can prevail against it, that it draws to itself only good. Realize that you can know no defeat because Christ within you triumphs at all times. Realize that no misfortune

can be attracted to you or occupy your world, because you live in the constant expectancy of good that comes to fill your life with good.

Do you not see that what you have thought of as luck must be something founded upon substance, established in Truth? The unlucky person's luck changes only when he changes his thought and accepts that truth which will give him a consciousness of good fortune. Your most lucky possession is such a consciousness because through it all good is attracted to you.

If you have thought of yourself as unlucky, if through your thought you have been attracting to yourself a series of misfortunes, change your current of thought. Turn to the law of good fortune. Expect good to come to you. Think often of your fortunate experiences. Begin to think of yourself as lucky. Think more and more of your life as founded upon a never-swerving law of good fortune.

As long as you hold yourself under the spell of ill luck, you cannot hope to have a better position or increased finances. What you call ill luck will be transformed into success and plenty when you grasp the truth about good fortune. Changing your luck is a matter of changing your belief. Identifying yourself with good fortune is solely a matter of identifying yourself with the consciousness of it.

The extent of your good fortune depends upon the extent of your consciousness of Christ in you and in your life as the presence of that blessing which you most desire and need.

Penance and Forgiveness

SOME TIME ago a man told us that several years before he had committed a crime about which no one ever knew but himself and for which he had imposed upon himself a penance for the rest of his life. The nature of the penance was such that it amounted to almost daily mental and physical crucifixion. He had hoped in some way to expiate his sin by this means. We can see that if a man imposes upon himself such a penance, he is working entirely from a personal standpoint and leaves Christ entirely out of the situation. He becomes so engrossed in the human sense of penance that he overlooks the forgiving power of Christ.

Quite in keeping with this are the cases where individuals spend their lives in self-condemnation and worry because of some sin of the long ago. Worry is the penance they agree to and they impose upon themselves years of self-condemnation. As time goes on the consciousness of the sin increases and it becomes greater in their sight. Even Christians may be guilty of such a thing and they, too, forget Christ and willfully keep aloof from His forgiveness.

"The wages of sin is death" when the individual continues in the sin and death consciousness. The sin may be small in itself in the beginning but as the consciousness and memory of it increase, the sin itself appears to increase in magnitude and importance. The sin cannot be pardoned as long as the so-called sin-

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ner continues in his consciousness of sin. It continues to be an unpardonable sin until the consciousness of it is given up and exchanged for a consciousness of Christ and His forgiving love.

When the individual has been guilty of sin, of thinking and acting contrary to Christ, his first step must be a feeling of contrition and a definite feeling that his lesson has been learned. He must be sure of this, or else he cannot merit forgiveness. His next step must be a perfect letting go of all memory of his sin, all self-accusation and self-condemnation. He must wipe out of his heart all tendency to impose penance upon himself. He must turn to Christ with a clean heart in order to receive His blessing. He must definitely experience forgiveness. He must feel that the presence of Christ has lifted the load from his shoulders and restored him to his rightful place in His sight.

If the individual can accomplish all this by himself, it is well. If he cannot, he should consult a clergyman or some one experienced in handling such matters. One thing is certain. He should not go on for months or years in the thought of self-condemnation. Such an attitude of mind may be worse than that which prompted the sin in the first place.

"The wages of sin is death; but the free gift of God [the forgiveness that wipes out all memory of sin] is eternal life in Christ Jesus our Lord." Do you not see that the "free gift" is something given you to free you from bondage to sin and unpleasant memories? Do you not

see that when you accept the gift of freedom you are free from the wages of sin and abide in the life of Christ? As long as you expect the wages of sin, you cannot receive the gift of freedom. To accept a higher position and better compensation you must give up the lower position and its wages.

A man recently said that he was under a handicap because of something his parents failed to do when he was a child. He believed that he was entitled only to "lesser wages" because of the shortcomings of others. He received only lesser wages throughout his lifetime because he failed to get the consciousness of his freedom from this handicap. Of course, we can see that his self-imposed beliefs handicapped him. He lived a life of sacrifice and penance, so to speak, because in his heart he did not forgive his parents, did not wipe from mind the sense of bondage he felt was imposed upon him.

When will man cease to hold himself in bondage to what he or another has done in the past? When will he rise to claim his freedom? When will he cease doing penance and accept the free gift, the gift of forgiveness, the gift of freedom? Man is so inclined to hold himself in bondage that he denies himself freedom on every hand.

Let Christ in your heart of hearts set you free today. Let Him forgive you if you are holding yourself in bondage. Sufficient unto today is today's good and there is no room for yesterday and the so-called evil thereof.



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Rules of the Road



EVERY GAME has its own rules. The rules of one game might conflict with the rules of another. So in living we find rules by which to live, rules that make life better, smoother, and more successful. One rule that applies to every driver of an automobile is that of watching both himself and the other fellow. In contradistinction to this, the student of higher Truth finds that he needs only to watch himself, and the other fellow will take care of himself.

A teacher once told his student that he must forgive and love his enemy. The student asked, "But what about my enemy? I am willing to love him, but will he take the same attitude?" The student had failed to understand one of the most important rules of the road, life's highway. He had failed to realize that he did not need to watch the other fellow; the individual needs only to watch himself and his own consciousness.

Strange as it may seem, the selfish person is the very one who does not think of himself in this way. He is most in personal consciousness, believing that other persons have power over his life. If he would think of self in this matter of watching his own mind, he would lose his sense of selfishness.

When two persons disagree, each one needs to clear his own mind independently of the other. Neither needs to wonder what the other will think or do. When the individual clears his mind of all malicious thoughts about an-

other, the latter can no longer harm him or have any desire to do so. The rule of the road when two individuals clash mentally is for each one to clear his own mind.

Many a person has failed to restore himself in another's estimation or has failed to mend a broken friendship because he gave power to the belief that the other would not want to be friendly. The individual fails to reach the consciousness that will restore a friendship that has been broken when he believes that his consciousness is dependent upon what another thinks, says, or does.

Down in his heart, your adversary wants to be loved as much as you want to love him. It is human nature to want to be loved. The person you label "enemy" may be far from this in his own sight. Whatever may be his attitude on the surface, you may still know that you have God on your side. Love will prevail.

The rule of the road in the matter of personal problems continues to be an admonition for you to watch your own consciousness. Admit to mind no belief that any power can defeat divine love. Keep in mind the mighty truth that you are united with the one who seems to oppose you in a bond stronger than any resistance or stubbornness on his part.

Watch yourself, not the other fellow. Clear your own consciousness of any dislike for him before you expect him to be attracted to you through love. He will abide by the rule of the road too, if you do so.

Being Stabilized



HAVE YOU reached a consciousness in which you feel that the presence of Christ within you is like some immovable column? Have you realized that this presence is something unshaken even in times of stress? Have you gained the realization that there is that within you which endures through all seasons, all situations?

Christ in you is that which is unshaken, immovable, enduring at all times. You may succumb to the race belief in fear, disease, and lack but Christ still endures. At the moment when you relax mentally from thinking adverse thoughts, He steadies you with Truth. He stabilizes you when you would waver.

When another says or does something that might disturb you, Christ stabilizes you in the realization that no one can affect or harm you. You realize that you are something like a strong tower against which the winds or waves cannot prevail. You are stabilized. Even as a high tower has its footing deep in earth so do you have your foundation established deep in Spirit and you are unmoved by capricious winds or adverse beliefs.

The matter of being stabilized depends upon but one thing: finding the presence of Christ within us and identifying ourselves with it. This identification saves us from relating ourselves to things of the external world or believing in their power over us. Persons, things, or circumstances cannot affect us when we know that we have within us the pillar of light or

column of unchangeable substance.

The unstable person is like the reed in the wind. The reed is blown first one way and then the other by the winds about it. It may be broken or destroyed if it cannot resist the wind. The person who is unstable is blown, pushed, or tossed about by the state of external things. His state varies according to the state of things about him.

The stabilized person is unaffected and undisturbed by what goes on in the external world. He is so conscious of his power to withstand things of the world that their power becomes quite insignificant in his estimation. The thought of fear, disease, and lack may prevail all round him but it does not affect his consciousness of courage, health, and plenty. Other persons about him may succumb to race thoughts and adverse beliefs but he still remains true to Christ and takes a firmer hold upon Truth.

Give less thought to the belief that external things can affect you and you strengthen your consciousness of reliance upon Christ in the midst of you. Think of His presence as enduring through all time and all circumstances. Know that His power remains omnipotent even when things of the world seem to vaunt themselves against Him. Realize that He is still present within you even though the world about you may present the appearance of every form of evil. Stabilize yourself in the knowledge that Christ in you ever endures.

Fear not the Lion

Fear not the lion prowling in your way;
Better to turn and face the foe unarmed,
Or stand like Daniel, feeling no dismay,
Till the dread thing shall rise and follow—
 charmed
To do your bidding, be it go or stay.

Your lion draws his fierceness from your fear.
His roar is in the tremors of your heart.
Stand still, like Daniel, and you shall hear
The rush of angels sent to take your part,
And lo, your terrors all will disappear.

Before true courage every foe will cower;
Stand bravely and your innocence assert.
Cry out like Daniel at the morning hour:
 *"O King, before thee, I have done no hurt.
The lions' mouths are shut; they have no
 power."*

—Selected.

Friday, June 1

Through the consciousness of divine courage I fear neither persons nor things.

IF YOU are afraid, if you react to situations of the day from the standpoint of fear, you may easily know that you are living more in the consciousness of things of the external world than you are in the consciousness of Truth and your indwelling Christ. Fearfulness is engendered through living in the belief that external things can affect you. Courage comes from realizing that through the courage of Christ within you you are unafraid.

When you give power to things to frighten you, you lose sight of your indwelling Spirit. When you believe that something is present in your life to make you afraid, you forget the presence of Christ within you that makes you fearless and courageous. You cannot be courageous if you lose sight of your source of courage.

The fearful person is never one who believes in the omnipotence of God. He believes that other persons and things can harm him or impede his progress. He limits God and consequently cannot turn to Him when in trouble.

I, Jehovah thy God, will hold thy right hand, saying unto thee, Fear not; I will help thee.—*Isa. 41:13.*

Saturday, June 2

I am the manifestation of God, the good, within me, and I identify myself always with good.



THINK often of God and of your relation to Him. Identify yourself with Him as a child identifies himself with his father. Identify yourself with good and with the good things in life through this relationship. Realize that you are unified with all good through the presence of God within you.

If you think of evil as having reality and place in your life, you give it these. You push the good away from you when you attempt to make room for evil. When you identify yourself with evil, you prevent good from appearing. Good cannot come into visibility as long as you visualize evil as something that shares the omnipresence of God. Good becomes tangible to you only when you first make a mental contact with it.

In the realm of Truth there is only God, only good. When you believe in the omnipotence and omnipresence of good, you cease to believe in its opposite. Evil can have no presence in your life when you believe in the omnipresence of God. It can have no power when you know that God is omnipotent.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

Sunday, June 3

*My body is the temple of God, and
He dwells within me as the presence of
life and health.*



THE STUDY of Truth frees us from misconceptions about the body. We cease to think of it as a habitation of disease and realize that it is the temple of God. We cease to think of it as material and physical and we know that it is spiritualized through such a spiritual presence.

The Spirit of God dwells within you as the very spirit of life, health, and strength. In order for you to have these you must unify yourself with God. You must realize that in Truth your body is His body. You must think of it as a holy temple filled with the presence of holiness.

If you think of your body as material, it is but matter to you. The presence of God cannot spiritualize it as long as you refuse to entertain a spiritual thought. You cannot redeem your body from material thought when you think material thoughts.

If you will think of your body as holy, you will not indulge in unholy thought. If you realize that it is God's temple, you will respect it as such. You will want to bless it through spiritual thinking instead of condemning it.

Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—*I Cor. 3:16.*

Monday, June 4

*Trusting to God in all things, I am
free from all worry and anxiety.*



WE RID our minds of worry when we learn to trust God. We replace worry with trust. We find that we place our affairs in the keeping of God and that we are rid of all tendency to be anxious. Our trust in God is rewarded with the assurance that all things are working for our highest good.

If you are worrying about something today, cease to think that you need to deal with external things and know that you only need to manage your thoughts. Thoughts, not things, cause your worry. Your belief in the power of external things to disturb you is the source of your anxiety.

You cannot trust in God and at the same time worry. You cannot believe that things can harm you and at the same time know that they are in God's keeping. If you are anxious today, you plainly show that your trust in God is limited. You show that your thought about the power of things is stronger than your thought about the power of God. Other persons, things, and circumstances cannot affect you or make you worry about them when you think Truth.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*

Tuesday, June 5

*I share my blessings with others, and
they in turn prove to be blessings to me.*

MOST OF US have had the experience of sharing our good with others only to see them bless us abundantly in return. Sharing our understanding of Truth with others is sure to bring us a rich reward. We become ambassadors of God when we give Truth to others, and He rewards us with a rich compensation.

Have you ever shared your blessings of Truth with a child? Today look for a child in a home where Truth is unknown and give him a simple little article or poem that he can read. Always have at hand a little magazine or book that the "wee" ones in Truth can assimilate. When you give Truth to the little ones God blesses them and you mightily.

The child living in a home of adverse thought will never forget you if you give it the message of love, joy, and praise. Many a child has been the instrument or means whereby an entire family has been redeemed from negative and adverse thought. In practicing the lesson of giving today, make it a definite application. Give some neighbor's child your blessing of Truth and a message it can understand.

Give, and it shall be given unto you.—*Luke 6:*
38.

Wednesday, June 6

*I am free in mind and in body because
Christ in me has set me free from all
bondage.*



YOU ARE free only to the extent that you realize that your freedom through Christ in you sets you free from all bondage to persons, things, and circumstances. Your realization of Truth sets you free from all belief that things can bind or limit you. Christ saves and delivers you from the belief that things of the world can hold you in bondage to them.


Your deliverance from binding beliefs depends entirely upon your consciousness of freedom. If you hold in mind the thought of bondage, you cannot be delivered. The consciousness of Christ in you as the source of your freedom will serve to keep out of mind all beliefs to the contrary.

The greatest blessing that can come to you is a realization of your freedom from bondage and limitation and a realization of your freedom in Christ. Jesus came to give you this and to quicken you to the consciousness of perfect freedom. Your freedom is unlimited. The extent of it depends upon your consciousness. You can limit yourself by your own limited thought.

If therefore the Son shall make you free, ye shall be free indeed.—*John 8:36.*

Thursday, June 7

My faith in God, the good, frees me from all belief in the power of evil. I am faithful.

UR FAITH in God, the good, causes Him to express Himself in us as a blessing of good. We rise out of all belief in any opposite of God, any belief whatsoever in evil, and we increase our faith in Him. The thought substance we have given to any belief in evil is now given to increasing our faith in God.

Your faith in God serves to make the bond between you and Him firmer. You become more conscious of your relationship to Him. You have more faith in your higher self. You turn more readily from things of the world about you to the presence of God within you.

You must have faith in God if you are to cause the good to become manifest in your life. Only through faith in the good can you cause it to appear. Only through being loyal to God can you hope to have His blessings expressed in your life. You rise out of all doubt and unbelief when you have perfect faith in God.

Faith serves to identify us with peace, love, health, and plenty. Through our faith we unify ourselves with the best that God has in store for us.

He wavered not through unbelief, but waxed strong through faith.—*Rom. 4:20.*

Friday, June 8

The wisdom of God is implanted in my heart of hearts, and I subconsciously know Truth.

IN THE Bible the heart is used as a symbol for several things. In this lesson, we use the word to indicate the subconsciousness. When we say that we know something by heart we mean that it has been impressed upon the memory or subconscious mind. We think of the subconsciousness as made up of thoughts that function without consciousness. We seek to have Truth planted at such a depth in our mind that we shall react to situations without conscious thought. We want our understanding of Truth to be second nature to us.

The heart of Jesus is a symbol of wisdom and love. In His heart of hearts Truth was so firmly established that He reacted to all situations through higher understanding. The wisdom of His Father filled His subconsciousness.

When we pray for an understanding heart, we seek so to understand Truth and our relation to God that we may be wise and lovely like Jesus. We pray that we may be conscious of the presence of God at the heart and in the depths of our being. We seek to know that His presence fills our heart of hearts.

That we may get us a heart of wisdom.—*Psalms 90:12.*

Saturday, June 9

I cease thinking limited and adverse thoughts in order to conform my thinking to the mind of God.

WHEN WE think thoughts not in keeping with the Truth of God, we cannot unify ourselves with Divine Mind. When we think thoughts of ignorance, fear, hate, disease, and lack, we think in a state of consciousness aloof from spiritual-mindedness. We have freedom of will and can think the true thought or the untrue thought.

In Truth there is but one spiritual consciousness, one Divine Mind. We know that there is but one God in Truth and consequently only one mind of Truth. The practical Christian or Christian psychologist seeks to keep out of mind thoughts that are not in keeping with the mind of Truth and thereby to think only thoughts of God.

Man's redemption can come only through spiritual thinking. He needs to know that only through the Spirit within him can he be strengthened to overcome that which is unspiritual and un-Godlike. He needs to realize that since he has turned from God by thinking contrary to God so he must turn Godward by thinking in harmony with Divine Mind.

I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

Sunday, June 10

*My consciousness of Truth frees me
from every limited and adverse belief.*

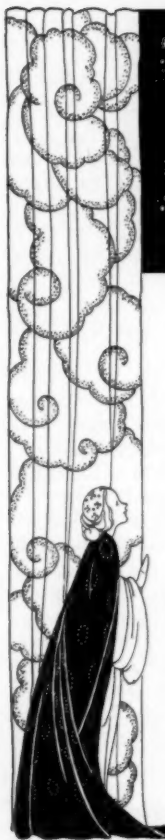


WHEN we gain the consciousness of Truth, we free ourselves from those thoughts which are not in harmony with Truth. We give up believing in disease to accept the truth about health. We give up the belief in fear to accept the truth of our innate courage and fearlessness. We exchange our misconceptions for that which is true in the sight of God.

Only that is true about you which is true according to heavenly standards. For instance, if disease were true you could not remove it through prayer. Your health is made manifest through spiritual treatment because in the sight of God you are His child, whole and well.

Love is an eternal verity. Hate and fear have no truth to sustain them, so they must give way to love when man is conscious of Spirit's activity. Only the truth about man can endure. Only that which God knows about him, the truth about his health and wholeness, can endure. Your consciousness of Truth frees you from mistaken beliefs about yourself. Your study of the truth that Jesus brought to suffering humanity will deliver you from mental and physical limitation.

*Thy truth reacheth unto the skies.—Psalms
108:4.*



Making the Most

I feel that he succeeds the best who makes
Who's not discouraged or defeated, though
Who makes the most of what he has will
The good he has just multiplies, supplies

No life can be so barren, friend, but that
We must then find the hidden gold and
There's no career, no work to do, but has
If we but place our own affairs on keels

If you would make the most of life, to win
But you must never once complain: Be just
For you can make a big success, or none
If you succeed with what you have and

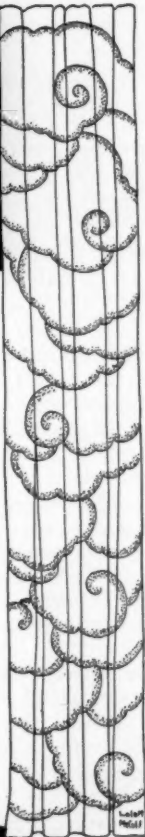


he Most of Life

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defeas, touched by stress and strife,
at heas will find that he succeeds;
plies supplies him all he needs.

riend ut that there's good somewhere;
en gd and give it thought and care.
o do ut has its full reward,
fairn keeping of the Lord.

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mpla: Be joyful all your days.
cess, or once be touched by strife,
ou he and make the most of life.



Lucien
1914

Monday, June 11

*I am patient because I know that I
can trust God in all my ways and affairs.*

THE IMPATIENT person is one who has not learned to trust God. He is impatient because he believes in his heart that things of the world can conspire against him and God. He believes that external things will bring about a state of confusion before the action of God can take place.

If you would be patient, increase in trust. Realize that persons, things, and circumstances of the external world cannot affect you or limit the power of the Spirit of God within you. Realize that nothing in all the world can work against you when you know that you can rely upon God.

Many persons become impatient because they feel that God's work will be delayed. They are slaves to the claims of time. They believe that God's action is slow but that the action of evil is swift. They feel that disaster will happen before God will come to their aid. We can see that in order to be patient we must free ourselves from any belief that God's work can be thwarted or delayed.

If you would be patient, rely upon God so much that you know that nothing can prevail against Him.

By patience in well-doing.—Rom. 2:7.

Tuesday, June 12

The love of God within me is now expressed toward all persons, and I am loving and kind.

SET ASIDE today as a day for love. Wipe from your heart all sense of personal animosity, hatred, and bitterness. Free yourself from all memory that any one has been unloving toward you. Let love rule. Let the love of God within you be expressed toward all persons everywhere.

If your home is unhappy, if there is some unhappiness in your business relations, love. Love those who appear to withhold their love. You are not to be loving only toward those who love you. You are to be impersonal in love and to love all persons everywhere.

You are to emulate the loving-kindness of God in all your dealings. You are never justified in making any exception to this statement or rule. When you refuse to be loving, you refuse to let God within you express His love. You become tense in your effort to stand against God.

Today find some one to love whom you have not previously loved, some one who may have been the object of your unloving thought. Express your love to some one for whom you have withheld your love.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

Wednesday, June 13

The perfection of God's child implanted in me at the time of my creation is now manifest as my own perfection.

NEVER think of yourself or any one else as imperfect, regardless of appearances. You are to behold yourself and all persons as children of God, created in His image and likeness. If you hope to have this perfection made manifest, you are not to think of yourself or of any one else as anywise short of this perfection.

You cannot become perfect mentally and physically as long as you limit yourself. You cannot let the presence of Christ within you come forth as your own perfection as long as you disbelieve in Him or in your perfection. You must behold your perfection in your mind's eye and be true to the heavenly vision.

Your perfection always exists in the mind of God. To think contrary to this is to think contrary to God. Your belief in your shortcomings can never be recognized by God as truth, consequently you must accept His Truth about your own perfection.

You may think of yourself as something unlike the child of God, but you will always be His child in His sight and in His mind.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*

Thursday, June 14

*The joy of the presence of Christ
within me makes me constantly rejoice.*

YOU will not have any trouble being joyful if you realize that you have within you the undefeatable presence of joy. Nothing in all this world can prevail against the joy of Christ. You may think contrary to joy and delay its expression for a time, but eventually you must yield to the persuasion of Spirit and be joyful.

Turning away from things of the world, which seem to make us sorrowful and depressed, we turn in thought to the presence of Christ and joy. We find that things of the world no longer have power to make us sad. They lose all power to take our joy from us.

With our thought centered upon Christ within us we identify ourselves with joy. We unify ourselves with the presence of joy and find joy manifest within and through us. Nothing of the world can keep us from being joyful now that we know the source of joy and let joy be expressed in and through us.

Be joyful today and every day to come. Live in the realization that Christ within you is your constant source of joy.

Yet always rejoicing.—II Cor. 6:10.

Friday, June 15

God, the principle of Truth, the law of good, is the principle and law by which I live, move, and have my being.



THE PRINCIPLE of Truth is as exact and as reliable as is any principle of mathematics. Prayer and metaphysical treatment are founded upon Principle, God. Were exactness not characteristic of God, He would be undependable, unreliable.

We like to think of God as divine law because this thought helps us to keep in mind the truth of His scientific nature, His dependability. We know that divine law works without compromise or deviation. Nothing of the material world can affect the working of divine law; nothing can keep divine law from always being lawful in character.

Prayers are answered when we make use of the law that brings results. When we add two figures together, we get their sum if we understand the laws of mathematics and addition. There can be no deviation from the law of addition, no deviation from the law of Truth and prayer.

God is the law of our health and supply. When we understand this and make use of our knowledge of the law, our results are health and supply. The law of God never gives us results out of keeping with His nature—good.

Thy law is truth.—Psalms 119:142.

Saturday, June 16

The peace of the presence of Christ fills me, and I am harmonious at all times.



HAVE YOU realized that you cannot be inharmonious when your thought is upon Christ? Have you discovered that your peace cannot be disturbed when you know that it is firmly established in the presence of Christ? You can see that the way to be peaceful and harmonious is found by turning away from things of the world that appear to disturb you and turning toward Christ within you.

Never give to external things the power to make you inharmonious. Never believe that other persons can think, say, or do anything that will destroy your peace. Remember that it is established in Christ. His presence within you makes you harmonious and peaceful. In Truth nothing in all the world can take this presence away from you or interfere with your peace.

The presence of Christ is your constant presence of peace. You have but to turn to Christ in order to be peaceful. You have but to turn to Him at any time and under any circumstances in order to have Him radiate peace to you and fill your life with peace.

My people shall abide in a peaceable habitation.
—Isa. 32:18.

Sunday, June 17

*Christ in me is ever alive, and I too
am radiant with life.*

WE CANNOT lack animation, we cannot lack vitality when we realize that we are unified with abundant life. This life we find right within ourselves, at the very heart of our being. The measure of it is unlimited, so we can draw upon it without any fear of depleting it.

When we identify ourselves with Christ within us, we become thoroughly alive. Nothing can tire us when we know that our vitality cannot be depleted. Our life is founded upon inexhaustible life. We live in unity with Him whose life emanates from the storehouse of heaven.

When you think or say that you lack life, that you are tired, that you are weak, you set up a mental barrier that keeps life from expressing itself through you. Your adverse mental attitude and words prevent the life of Christ from having a channel through which to express itself.

If you would be thoroughly alive, turn to Christ within you and identify yourself with His life. Think often of Him and of your oneness with Him. Think of His life as your own.

It is no longer I that live, but Christ liveth in me.—*Gal. 2:20.*

Monday, June 18

The forgiving power of Christ now does its perfect work, and I forgive and am forgiven.



WHEN WE try to forgive through our own personal efforts, we usually fail. When we rise out of personal consciousness and let Christ within us prompt us to forgive, we succeed. Forgiveness never comes through our reasoning out that we must forgive. We must let Christ in our hearts do His forgiving work.

The consciousness of forgiveness works in two ways: We are prompted to forgive, and others are prompted to forgive us. We can see that when we free others through forgiveness, we set ourselves free too. The consciousness of forgiveness that we have makes it easy for others to forgive us.

Christ never withholds forgiveness. When we turn to Him, forgiveness is an easy process. We need not rely upon our own human efforts, upon some intellectual standard of forgiveness. Christ inspires us to rise above all sense of hurt and wrong and to release another from the accusing thought we have entertained about him. We cannot fail to forgive when we rely upon Christ.

Pray the Lord, if perhaps the thought of thy heart shall be forgiven thee.—Acts 8:22.

Tuesday, June 19

The light of Christ within me is the light that illumines me in all my ways.



THINK of Christ as existing at the heart of your being as radiant life. Know that this light is the light of heaven illuminating your mind, soul, and body. Realize that no sense of darkness can obscure this light or plunge you in darkness. You have Christ abiding in you as light and you abide in Him.

The light of Christ is the light that God places within you to illuminate you in all your ways. Nothing can keep this light from shining brightly within you but your own benighted thought. When you think thoughts of darkness, you stand in your own light.

Man cannot be ignorant, he cannot lack knowledge of what he needs to know when he is conscious of the presence of Christ, the presence of light. He is sure of illumination. He is certain to realize that Christ at the heart of his being is shedding His rays upon his own life.

Knowing that Christ abides in us as light calls for our living in His light and realizing that His light infolds us. All sense of ignorance and darkness is dispelled as we live in the realization of this mighty truth, the truth that inspires and illuminates us.

Jehovah will be thine everlasting light.—*Isa. 60:20.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

June 20 to July 19

Illumination

Love lights the way, and I gladly follow.

Healing

The forgiving love of Jesus Christ lifts the burden, and the glow of radiant health appears.

Prosperity

Divine love provides me with plenty, and I am unselfish with my possessions.

Wednesday, June 20

The healing presence and power of Christ now quickens me to a consciousness of my own perfect health.

IN ORDER to be healed, we must think of the presence and power of Christ within and about us. This presence must become so real to us that we lose sight of all belief in a presence, reality, or existence of disease. The power of Christ must become so tangible to us that we lose sight of all belief that disease has any power over us.

The presence of Christ leaves no room for disease. When we believe in His presence, we cannot believe that anything unlike Him can usurp His place. His omnipresence admits of nothing un-Christlike in character.

The power of Christ, when rightly understood, is so powerful in manifesting health that we lose all belief that disease can have power. We turn to the power of Spirit within us and realize its omnipotence. We realize our own health as emanating from its power.

If you would enjoy better health, get a clearer realization of the presence and power of Christ within you. Realize that in Truth there is no presence or power of disease. Christ reigns supreme in your life.

Bless Jehovah, O my soul . . .
Who healeth all thy diseases.
—Psalms 103:1, 3.

Thursday, June 21

I rejoice to abide in the consciousness that the riches of my Father are mine and to possess the riches He bestows upon me.

BE HAPPY today to know that your supply is established in God. Rejoice that you are rich because your heavenly Father is rich. Be happy because His blessings are bestowed upon you and because you possess His richest gifts.

Give up any limiting belief you may have about supply and finances in order to gain the consciousness of unlimited supply. Give up the consciousness of lack in order to enter the consciousness of abundant prosperity. Change your thought so that you may embrace the great truth of God's blessings.

No good thing will be withheld from you. All that is for your highest good will be given you. Remember there is no limit to God's love or the blessings that He bestows upon you. The only limit to your prosperity is your own limited belief and outlook. When you know Truth, you have power to change your limited beliefs and to replace these with prosperity thoughts.

Abide in the realization that you now abide in the riches of God. Entertain no belief that will keep you outside His kingdom of riches.

It is your Father's good pleasure to give you the kingdom.—*Luke 12:32.*

Friday, June 22

*The stillness of the presence of Christ
within me makes me quiet.*



LEARN to turn to the presence of Christ within you when things of the world seem to disturb you. Turn from their noise and confusion to the quietness of Christ at the heart of your being. Find the point of stillness in your inner depths from which to derive power to master the situations of your daily life.

There is power in stillness. When you turn to the presence of Christ within you, you find power to do whatever you undertake. You accomplish that which you set out to do when you unify yourself with the power of inner stillness. You cannot meet defeat when Christ within you is at work.

The presence of Christ within you is your assurance of quietness and stillness even when the world about you seems to be noisy and confused. You turn to Christ and lose all sense of disorder. You find in Him peace, quietness, and stillness like unto that of heaven itself.

The presence of stillness within you is given you so that you may go into a world of intense activity and still carry the presence of stillness and power with you.

Take heed, and be quiet.—*Isa. 7:4.*

Saturday, June 23

*In my mind's eye I behold heaven in
the midst of me, and I too abide in
heaven.*

HEAVEN is the consciousness of perfect harmony. Do not think of it as limited by time or space. It does not exist at a distance or in the future. Consciousness knows no limitation of three dimensions.

In the inner depths of your consciousness you find the presence of Christ, the presence of heaven. In Truth heaven is at the very center of your being. As you meditate upon this, you realize that you in turn abide in heaven because your very environment partakes of heaven.

Do not think of heaven as something you can enjoy only tomorrow. To believe that heaven exists in the future is to put off and delay your enjoyment of it. Heaven is not bound by any time but only by that which causes you to delay the time of your realization.

Never think of heaven as something to be found through death. We find heaven through Truth and life. We discover that Christ within us is ever directing us to His presence of life and heaven. We find that within our self is the only heaven we can ever enjoy.

Turn your thought today to Christ in the midst of you and abide in His heavenly presence.

I was not disobedient unto the heavenly vision.
—Acts 26:19.

Sunday, June 24

I rise out of all desire to condemn others and I rejoice to praise the good in them.

IF YOU have the habit of condemning others, decide to free yourself of the habit through this affirmation for today. Realize that you no longer desire to point out the evil. Feel within yourself an ever-increasing desire to find the good and praise it.

You have no right to condemn another. You have no right to magnify his shortcomings. Your duty is to help him to find himself, the Christ within him. You are to praise the good in him and help him to lay hold of it. Your duty to Christ is to find the good wherever you can.

If others condemn you, you may know that you are in the consciousness of condemnation. You cannot hope to escape condemnation as long as you have this consciousness. You can see that whenever you condemn another, you make this consciousness stronger and thereby in turn attract condemnation to yourself.

When inclined to condemn, turn your thought to Christ within you. Let praise issue forth from His presence. Find in others their Christ, their good.

There is therefore now no condemnation to them that are in Christ Jesus.—Rom. 8:1.

Monday, June 25

I am just in all my dealings with others because Christ in me is ever just.



IN ORDER to get rid of injustice, we must reach a realization in which injustice has no part or place. If we leave any room in our mind for the thought of injustice, it will germinate and develop into quite a consciousness of injustice. The thought of injustice we hold with respect to another will in this way cause us to attract injustice to ourselves.

Justice comes from the realization of justice. In this realization we are just to others and they must be just to us. There is no compromise with the thought of injustice. We do not admit it into our mind under any circumstances.

The unjust person cannot expect anything else than to be dealt with unjustly himself. He lives in the consciousness in which man deals unjustly with his fellows. He lives in the realization that man is privileged to be unjust to others, that he can rise by casting others down, that man is free to judge others according to personal standards.

The thought of justice frees man from all misconceptions about his relation to others and causes him to deal justly with others at all times.

Execute the judgment of truth.—Zech. 8:16.

Tuesday, June 26

My prayer is a constant expectation of the blessings of God and a realization that they are now manifest.

PAYER is twofold: We anticipate good from God, and we see it come into manifestation. This is the prayer of Truth. In this prayer we know that God's will for us is always good. We know that we have but to anticipate the good in order to bring it into visibility.

When you ask for some good to come into your life, make yourself open and receptive to it. The best way to do this is to drop some undesirable thing from your life and make room for something good. When you invite good to come to you, see that there is not something present in you that would repel the good.

Look for the good and know that it will be expressed in and through you. Let your life be a constant prayer for good. Never for one moment think that God withholds good from you or that he sends you evil in place of good. Nothing evil can have its source in God.

Your anticipating good and realizing that it is yours is a perfect prayer. Add, of course, your thanks for what you have received. Be ready to acknowledge the good that comes into manifestation.

Ask, and it shall be given you; seek, and ye shall find.—*Matt. 7:7.*

Wednesday, June 27

*I relax from all stress and strain and
abide in the realization that all is well
in my life.*

YOU CAN RELIEVE yourself of stress and strain just by realizing that all is well, by knowing that God is taking care of you. Tension comes from a sense of fear about things, a sort of inner tightness and resistance. If you find yourself becoming tense, change your thought. Cease to believe that you have to fight persons, things, and situations. Relax in the consciousness that God is ever with you and all is well.

You can relax mentally just by excluding from mind those thoughts which cause tension and by entertaining the thought that all is well. Mental relaxation must precede relaxation in the body. You cannot relax physically until you succeed in reaching a state of mental relaxation.

In holding this thought today, do not be tense. Just realize that it is a mighty truth and that you do not have to hold on to it tenaciously. You just need to let its truth be expressed through you, and you can best do this by relaxing.

He leadeth me beside still waters.
He restoreth my soul.

—Psalms 23:2, 3.

Thursday, June 28

Christ in the midst of me alone has power and dominion over me and over my life.



THINK of no power but Christ as having dominion over you. Realize that He is in the midst of you as the power of heaven commanding your life. In Truth He is omnipotent and there is no power beside Him. Accept this and only the power of Christ can operate in your life.

Since in Truth there is only the power of good, there is no power in evil. Since Christ lives in us as this power of good, evil can have neither presence nor power within us. Fear, disease, and death can have no power when we realize that Christ is the power of love and life.

Most persons are unhealthy and unhappy because they believe that something adverse has power in their lives. They do not realize the extent of Christ's power. They do not know that the good is unlimited in scope and power. In their ignorance of Truth they do not realize that nothing in all the world can contend against the power of Christ, the power of good.

Evil cannot have power over you when you realize that Christ is omnipotent. Nothing unlike Christ can have power when we realize the extent of His omnipotence.

Let not any iniquity have dominion over me.
—*Psalms 119:133.*

Friday, June 29

I know that the blessings of God are now made manifest for me because now is the only time in Spirit.



WIPE out of mind all belief that your good is being delayed in reaching you until some future time of fulfillment. In Spirit there is neither future nor delay. There is only the eternal now. This is the time wherein prayers are instantly answered and demonstrations of Truth are promptly made.

Many persons do not have their prayers answered promptly because of their bondage to time. They believe that their thought and faith must go through some tedious process of development before they get an answer to their prayers. They think of their demonstrations as depending upon various stages and steps. They fail to realize that their prayers are answered and their demonstrations are made as soon as they reach the consciousness of answer to prayer, the realization that now is the only time.

Do not think of your good as existing solely in the future. Know that you can enjoy your good today. You can have the good that would ordinarily reach you tomorrow if today you can reach the consciousness that there is neither time nor delay in Spirit.

Come; for all things are now ready.—Luke 14:17.

Saturday, June 30

*The Spirit of wisdom now directs me
along the right path, and my way is one
of joy and success.*



WHEN you are undecided concerning which road to take when two paths lie before you, refer the whole matter to the Spirit of wisdom. Do not allow yourself to get into a state of indecision. Do not become personally concerned about the step you should take. Just know that the wisdom of the Spirit will direct you to your highest good.

In Truth there is but one step and one way. If you will leave all matters to Spirit, it will direct you into the way of Spirit. You cannot make a mistake when you are spiritually led and directed. There will be but one path before you when you place all matters in the care of Spirit.

The way of Spirit is always one of joy and success. You cannot be unhappy or unsuccessful when you are led by Spirit. Your way is not one of sacrifice, hardship, or failure when you find the way of Spirit. The presence of Spirit attends you and obstacles are pushed aside.

Rejoice this day that you are being guided into the path you should take and that you find there the joy and prosperity of God.

Behold, I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

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The Higher Light

You cannot lift your
light on high without its
radiance being shed over a
wide circle, and the higher
you lift it the farther it
shines.

—Margery Wilson



